



# The Chain of Concern

September/October 2006

## The Maine National Guard Family Program Newsletter



This publication and any events/special offers in it are for ALL Military families. Being involved **now** makes a deployment later much easier. Being involved now, helps to support others who may be facing deployment.



**Family Assistance Center Phone Number**  
**1-888-FMLY-CTR (1-888-365-9287)**

**[www.me.ngb.army.mil/family](http://www.me.ngb.army.mil/family)** Email: **[mefacpublic@me.ngb.army.mil](mailto:mefacpublic@me.ngb.army.mil)**

### Maine Guard Teens Shine at National Youth Symposium

Jackie Files (daughter of MSgt. Chris Files and MSgt. Kim Files) and Chris Houdlette (son of CW4 Mark and Stephanie Houdlette) were chosen to represent the Maine Air National Guard and Army National Guard respectively in Philadelphia at the 2006 National Guard Youth Symposium. Each state and territory of the United States selected two youth representatives to attend the Youth Symposium from 23 – 27 July 2006. Both Jackie and Chris will be high school juniors this fall. They were chosen because of their active involvement in the Maine National Guard Youth Program, their good standing within their schools and communities, and their proven leadership abilities.

At the Youth Symposium, Jackie and Chris actively participated in workshops promoting positive life choices, family relationships, resilience, respect, conflict resolution, and responsibility. The Youth Symposium also provided opportunities for social enjoyment as the youth representatives explored the sites of historic Philadelphia, performed for Lt. General Blum and the annual National Guard Family Program, and danced to the latest tunes at the farewell party.

Jackie and Chris displayed exemplary leadership and quickly earned the respect and praise of the other youth representatives and the state youth coordinators in New England and many other regions. Maine's Guard kids can expect great things for the youth program as Jackie, Chris, and other teens implement their ideas on the "Home Front." Congratulations for a job well done



### Preparing for Deployment: Talk, Listen, Connect: Helping Families During Military Deployment

Being a part of a military family can be a challenge. This bilingual DVD kit is designed to help military families with children ages 3-5 cope with feelings, challenges, and concerns experienced during various phases of deployment: pre-deployment, deployment, and homecoming. The kit includes a DVD featuring the beloved Muppets from Sesame Street, and a parent/caregiver magazine and poster. Sesame Street's deployment DVD *Talk, Listen, Connect: Helping Families During Military Deployment* is available through Military OneSource. To order or download your DVD, go to <http://www.militaryonesource.com/skins/MOS/home.aspx> or call 1-800-342-9647, or call Rick at the Family Program office for a free copy: Tel: 626-4384

### Down Range To Iraq and Back

This book is dedicated to bringing the troops home and addressing the challenges of the re-integration process from combatant to civilian. Bridget Cantrell, PH.D. and Vietnam Veteran, Chuck Dean have joined forces to present this vital information and resource manual for both returning veterans and their loved ones.

Here you will find answers, explanations, and insights as to why so many combat veterans suffer from flashbacks, depression, fits of rage, nightmares, anxiety, emotional numbing, and other troubling aspects of Post-Traumatic Stress Disorder (PTSD).

This book sells for \$16.99 and is **free** while supplies last to military members and families from the Family Assistance Centers in Maine. Call 1-888-365-9287 or stop by a FAC center to receive your free copy.



### Family Assistance Center (FAC) 1-888-365-9287

**Answered live from 8am to 8pm Monday through Friday**, Call from 8 pm to 8am Monday through Friday and from 8pm Friday evening to 8am Monday morning will hear a voice message directing the caller to the number of the FAC Specialist who is on call.

**IMPORTANT:** When calling the FAC Hotline after hours, especially if there is an emergency, please listen to the message and call the number given. Don't forget to check out our website at: [www.me.ngb.army.mil/family](http://www.me.ngb.army.mil/family) for information, events and offers.

**IMPORTANT NOTICE FOR DEPLOYED FAMILIES:** If you are going away for vacation, call or email the FAC with the address and phone number of where you will staying. This will allow us to reach out to you should there be a need.



## Teen Talk

### “How to Succeed in School”

By Rick Bach, Maine National Guard Youth Coordinator

Do you remember the Staples commercials where the children are miserable but the parents are rejoicing that school is starting? The lazy days of summer are great, but even children must admit that school can be pretty fun. Personally, I loved seeing my friends again, playing soccer and football, going on field trips, and even learning new things. As a teen, school was especially fun. But I also knew that doing well in school would open doors of opportunities when I graduated. Below are just a few principles that I learned about success in school.

#### Get organized.

- Put a calendar in your room or the kitchen and write down important school dates. Write down when you will have tests, papers, or projects due. Write down when parents' night at school will be, when report cards are coming out, when conferences take place, and when the holiday show will be.
- Make sure there is a quiet space at home where you can study without distractions. I recommend that you don't study while lying on your bed. The only thing I studied there was the inside of my eye-lids!
- Have a specific place at home for your books, papers, and school assignments.
- Make a folder for the papers that come home from school. Keeping the lists and notices about school events in one place will save you time when you are looking for them.
- Be sure you have all the necessary school supplies all year long, not just when the new school year starts. These include a dictionary, paper, pens and pencils, a pencil sharpener, markers, a ruler, tape, scissors, glue, paper clips, and a calculator.
- Make lists and charts that will help you remember what you have to do. Make a check or star when each job is finished.

#### Discipline yourself.

- Have high expectations for yourself. Everyone can be successful in school. Repeat that message to yourself again and again.
- Make sure that you get a good night's sleep and eat well.
- Limit the amount of TV you watch. The American Academy of Pediatrics (AAP) recommends that you limit your TV viewing to one to two hours of good shows a day. Instead, read books. Reading keeps your mind sharp and stimulated, and books can be more fun. Really . . . I'm being totally serious!

#### Be a partner.

- Participate in school events throughout the year. Try to find the time to play or attend sports games, concerts, plays, or other activities at school. Students frequently find that their grades are better when they participate in extra-curricular activities.
- Let your parents get involved in your education. Children do better in school when their parents are involved. Tell them about school every day. Keep them informed about special events, plays, games, exams, and your teachers. Talk with your parents about news events, politics, and topics you may be studying at school. You may surprise them about how smart you really are.
- Show your teachers appreciation. Teaching is a tough job. Remember to thank your teachers and to show your appreciation throughout the year.
- Don't hesitate to speak with your guidance counselor. If you have difficulty with schoolwork, teachers, or friends; guidance counselors can provide valuable help. They can help you find solutions and support during difficult times.
- If you don't understand a concept or subject, see your teacher or a tutor. Your family is paying big bucks for your education and you deserve the best. Settle for nothing less!

#### Saturday, September 9th Pizza and Game Night

6:00pm - 9:00pm

Augusta Armory for Maine Guard  
Teens 13 to 18 years of age

You do not want to miss this exciting night of fun, food and games. Come ready to meet old friends and make new ones as we kick off the school year. Please call Slater at 582-9161 or email him at [seclaudell1@adelphia.net](mailto:seclaudell1@adelphia.net) and let him know that you are planning to attend. There is no cost for this event.



## Teen Fun

Hey Kids,

There are a few events planned for the month of September that we are hoping to see you join in. These are opportunities to get together and hang out with the friends that you have made through the years but also to complete some of those volunteer hours you are required to do each year for school. Check these out and look at the October plans at the back of the newsletter too!

#### Saturday, September 30<sup>th</sup> 4:00pm

Portland Armory

We will catch a movie, dinner and games. The cost is \$15. October 1<sup>st</sup> is the Maine Marathon where we will assist in running a BBQ for those that attend as a service project.

Pick up will be at 4:00pm, Sunday.

Please call Slater or email him to let him know you will be attending at 582-9161 or

[seclaudell1@adelphia.net](mailto:seclaudell1@adelphia.net)

## Teen Overnighter

### **Ways of Dealing With the Burdens of Life:**

- \* Accept that some days you're the pigeon, and some days you're the statue.
- \* Always keep your words soft and sweet, just in case you have to eat them.
- \* Always read stuff that will make you look good if you die in the middle of it.
- \* Drive carefully. It's not only cars that can be recalled by their maker.
- \* If you can't be kind, at least have the decency to be vague.
- \* If you lend someone \$20 and never see that person again, it was probably worth it.
- \* It may be that your sole purpose in life is simply to serve as a warning to others.
- \* Never buy a car you can't push.
- \* Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- \* Nobody cares if you can't dance well. Just get up and dance.
- \* Since it's the early worm that gets eaten by the bird, sleep late.
- \* The second mouse gets the cheese.
- \* When everything's coming your way, you're in the wrong lane.
- \* Birthdays are good for you. The more you have, the longer you live.
- \* **You may be only one person in the world, but you may also be the world to some people.**
- \* Some mistakes are too much fun to only make once.
- \* We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.



### **CRAFTERS WANTED**

**What: Harvest Craft Fair**  
**When: Saturday, October 21<sup>ST</sup>**  
**Time: 9 am to 3 pm**  
**Where: The Belfast Armory**

Alpha Company 133rd Family Program is hosting a craft fair  
Currently we are looking for crafters to rent tables to sell their products  
For more information  
Please Call  
Lori Jones  
430-2005 or 948-5265 after 5:30 pm

### **Maine Enlisted Association of National Guard 3<sup>rd</sup> Annual Lobster Bake**

Saturday, September 23<sup>rd</sup> – 1 Pm

VFW post 887, Leighton Road, Augusta

Tickets include: Twin Lobsters with clams and corn for \$25.00 or

Steak or chicken with corn for \$15.00

Contact Chris Armstrong for more information at 485-7561 or [wolfpack03cl@yahoo.com](mailto:wolfpack03cl@yahoo.com)



nvtech.com

### **Blue Star Mothers**



Blue Star Mothers is a national organization for mothers who now have, or have had, children serving in the military. The group is a place for mothers to meet, swap stories, advice, concerns, or just to get some much needed support. One member was recently quoted in the media for her reason for belonging to the group: "I am a proud mother of a soldier deployed in Iraq. I have found the support and understanding that I need with my son in Iraq – not knowing what any day may bring. I benefit significantly from the support I receive from this group. No one else can really understand what I as a mother am feeling."

### **Family Assistance Center Update Meeting**

Kerry Birmingham, our state Family Assistance Center Coordinator has scheduled visitations throughout the state to coincide with the regular unit FRG meetings. The purpose of these visits is to share information on Maine's deployed soldiers, listen to family issues and concerns, and to ask for ideas and suggestions of how the FACs can improve service to you, the family member. The schedule of visits are as follows:

September 11	Calais Armory	6 pm	September 19	Waterville Armory	6 pm
September 12	Bangor AFRC	6 pm	September 20	Lewiston Armory	6 pm
September 13	Portland Armory	6 pm	September 21	Sanford Armory	6 pm
September 15	Houlton Armory	6 pm	October 8	Augusta Armory	2 pm
September 16	Presque Isle Armory	10 am			

If you are receiving phone calls from people asking you questions that you are unsure of who they are, please do not give them your information. Try to get their information and report it to the FAC so that we can look into this for you. We have to always keep security in mind when communicating with others about our soldiers and families.

## Re-Familizing

It all starts with the questions: aren't you glad \_\_\_\_\_ is home? Or aren't you glad to be home? For the first week, even the first month the answer is obvious. After that the doubts start to creep in. Why is this so hard? We love each other. We had a great relationship before we were separated. Even during our separation everything seemed fine. So... what happened? How did we get here and how do we move forward from here.

Time apart also means experiences apart, living a life without the rest of your family. Of course one of the family members is off doing the job of a soldier which includes dodging bullets, bombs, and IED's. While the family members back here are left to live life as best they can while worrying every day, every hour, about the loved one in harms way. It's difficult in both positions. As a result of living these very separate lives the family connection and family dynamics change. It can't be helped. It doesn't mean that there is less love or less anything else but it has changed due to circumstances.

So now we admit that things have changed what do we do about it? Will things ever be the same? In all likelihood things will not be the same, but it doesn't mean that the family can't reconnect. It doesn't mean that the family connection can't be better than ever. It takes time and it takes work. What your family has gone through as a result of this separation is immeasurable. It will take some work to get reconnected. I know this is a bit of a cliché but nothing worth having is ever easy.

This portion of the family newsletter is here to help you with tips and tools to reconnect. In our next article we're going to have a question and answer section. It's called "Ask the Coach". Send your questions to [kmmowry@maine.rr.com](mailto:kmmowry@maine.rr.com). We will not use names to protect your privacy. You can bet if you have a question you're not the only one. We need you to make this work. Some of the tips you will use and some just flat out might not work for your family. The point is to focus on your family. After all we usually succeed in the area's we focus on.

Kimberly Mowry, A Certified Life Coach, retired Major and also married to an NCO who was deployed in Iraq, brings real world experience and understanding to the process of "re-familizing. If you would like to sign up for her e-newsletter or ask a question not to be published in the family newsletter please contact her directly at [kmmowry@maine.rr.com](mailto:kmmowry@maine.rr.com) or 207-229-8066.



### Maine Center for the Arts at the University of Maine

It's a new year and the offer for tickets to shows at the Maine Center for the Arts at the University of Maine, Orono is available once again. The only exception is for the Liza Minnelli and Whoopi Goldberg shows. All other shows are free to military members and families that have deployed or are now deployed in support of the Global War on Terrorism. **Please call Amy Munroe at 947-4168 or email her at [amy.munroe@us.army.mil](mailto:amy.munroe@us.army.mil)** to reserve tickets. Provide your name, soldier's name, show you are interested in and the number of tickets you are requesting, and a contact number/email. The day/night of the show go to the ticket counter and give them your name and they will give you the tickets there. If you have any other questions, please don't hesitate to ask. If people want to see a list of shows have them visit the MCA website: <http://www.ume.maine.edu/mca/calendar.htm#august>

## **Six Flags Has Declared September as National Guard Month**

Go to <http://www.sixflags.com/nationalguard> to print your complimentary admission voucher.



The voucher is good for up to four (4) complimentary admissions. There is also limit of one (1) voucher per active National Guard member during September. The voucher can be redeemed only with a valid Military ID...and can only be redeemed at the Six Flags park of choice on day of visit, at any park ticket window. To see all the parks offering this special go to <http://www.sixflags.com/nationalguard>.

If the Guard member is on active duty, then the spouse of that member can use their Military Dependent ID along with the voucher for admission. Otherwise, the Guard member must be present with a valid Military ID to redeem the voucher.

The voucher is valid on any scheduled operating day between September 1 and 30, 2006. The voucher is not valid for special events. Six Flags New England, Springfield, MA is Open September 1, 2, 3, 4, 8, 9, 10, 16, 17, 23, 24, 29 & 30

**Six Flags is offering free admission to active Army National Guard Members**

## **Guard Teens.....Would you like to go to Boston for the weekend?**

Hey kids - heads up. Trip to Boston weekend of November 11th. Half fun/half work. We will be traveling to Boston and 1) working the Veteran's Day Parade/race 2) attending something like a play or a game Saturday night and 3) doing something fun Sunday before returning home. There will be many more details to follow - watch the website or look for an email from Shelly. You won't want to miss this trip!!!! If you are interested in helping to organize this event contact Shelly at 949-1374.



## Questions about Your Benefits?

Wendy Moody  
State Benefits Advisor  
(207) 626-4221  
[Wendy.moody@us.army.mil](mailto:Wendy.moody@us.army.mil)

## Do you need to update your resume?

Contact Wendy Moody, State Benefits Advisor, for a copy of the Do It Yourself Resume Writing Guide. This guide, published in conjunction with the Maine Career Centers, includes the latest formats for resumes, cover letters, thank you notes and samples.

Tel (207) 626-4221 [wendy.moody@us.army.mil](mailto:wendy.moody@us.army.mil)



## Your Source for...

- Movie Passes
- Sea Dog Tickets
- Discount Disney
- Discount Funtown
- & Much More!

Call or e-mail  
Hannah McCarthy  
at BNAS Information,  
Tickets & Travel  
(207) 921-2113  
[Hannah.mccarthy@navy.mil](mailto:Hannah.mccarthy@navy.mil)

## Survivor Benefit Plan....Planning for the Future

The link below will give you a place to go for more information on retirement and survivor benefits. <https://www.hrc.army.mil/site/Reserve/soldierservices/retirement/rcsbp.htm>



The University of Maine at Orono invites military members and their families to join them on September 23rd for a Military Appreciation Day.

<http://goblackbears.cstv.com/sports/m-footbl/spec>

## Monday, 9/11/06 Maine Freedom Walk 10 am Augusta Rail Trail

For more information contact Chris Armstrong at 485-7561

*"On the five year anniversary of the tragic events at the Pentagon, the twin towers in New York City, and Shanksville, Pennsylvania, the America Supports You Freedom Walk begins a new national tradition to reflect on the lives lost on*

## Check out these links for Free Stuff for Troops

<http://www.operationhomelink.org> - Free computers for spouses or parents of deployed soldier in ranks E1 – E5.  
[https://store.primediamags.com/soldier2/service\\_member\\_pg.html](https://store.primediamags.com/soldier2/service_member_pg.html) - Free magazines, up to 3 choices, for deployers.  
<http://www.prweb.com/releases/2004/2/prweb106818.htm> - free mail/gifts sent to children of deployed soldiers.  
<https://www.operationuplink.org> - Free phone cards.  
<http://anysoldier.com/ForSoldiersOnly.cfm> - To sign up for sponsoring soldier care packages for theater.  
<http://www.appreciateourtroops.org/forourtroops.shtml> - To have commander sign up for mugs for unit troops.  
<http://www.operationshoebox.com> - free shoebox care package.  
<http://www.treatthetroops.org> - free cookies.  
<http://bluestarmoms.org/airfare.html> - lowest airfare available.  
<http://bluestarmoms.org/care.html> - free care packages.  
<http://66.241.249.83> - free air conditioners/heaters.  
<http://www.heromiles.org> - free air travel for Emergency Leave, and for the family members of injured soldiers to travel to Medical facility.  
<http://www.bluestarmothers.org/airlinespecials.php> - Airline discounts for R & R.  
<http://www.booksforsoldiers.com/forum/index.php> - free books, DVD's, CD's.  
<http://prayercentral.net/engage/militaryprayer/daily.php> - daily prayer and scriptures.  
<http://www.militarymoms.net/sot.html> - free care packages (your family member signs up to have sent to you).  
<http://operationmilitarypride.org/smsignup.html> - free care packages.  
[http://www.soldiersangels.org/heroes/submit\\_a\\_soldier.php](http://www.soldiersangels.org/heroes/submit_a_soldier.php) - get adopted to receive stuff.  
<https://www.treatfortroops.com/registration/index.php> - free gifts and care packages.  
[http://www.defenselink.mil/news/Nov2004/n11232004\\_2004112312.html](http://www.defenselink.mil/news/Nov2004/n11232004_2004112312.html) - free shipping/packing materials for shipping to troops.

## Mark your calendar

There are events happening around the state sponsored by different units or groups. We are all in this together and everyone is welcome to attend whatever is convenient for you!



### Augusta Area



**Saturday, September 9<sup>th</sup> - Pizza and Game Night** 6:00pm - 9:00pm at the Augusta Armory for Maine Guard Teens 13 to 18 years of age. You do not want to miss this exciting night of fun, food and games. Come ready to meet old friends and make new ones as we kick off the school year. Please call Slater at 582-9161 or email him at [seclaudell1@adelphia.net](mailto:seclaudell1@adelphia.net) and let him know that you are planning to attend. There is no cost for this event.

**Sunday, September 10<sup>th</sup> - Family Readiness Group Meeting** - 1:30 pm at the Augusta Armory. Please contact Michelle Fate at 453-0059 or [michelle.fate@gmail.com](mailto:michelle.fate@gmail.com) if you need more information.

**Monday, September 11<sup>th</sup> - 9/11 Maine Freedom Walk** -10 am Augusta Rail Trail. This is a 1 mile walk. Contact Chris Armstrong at [wolfpack03cl@yahoo.com](mailto:wolfpack03cl@yahoo.com) or tel: 458-7561 for more information.

**Thursday, September 21<sup>st</sup> - Heart to Heart Support Group** 5:30 pm pot luck dinner and support group immediately following. This will be held at the Augusta Church of the Nazarene at 30 Nazarene Drive. This support group is open to all military families regardless of service or unit and child care will be provided for the event. Come join us to share in your experiences and support your fellow family members. If you need more information call the family program office at 626-4410.



**Saturday, September 23<sup>rd</sup> - Maine Enlisted Association of National Guard 3<sup>rd</sup> Annual Lobster Bake** - 1 pm VFW Post 887, Leighton Road, Augusta. Tickets are as follows: Twin lobster with clams and corn \$25 or Steak/Chicken ticket for \$15. Contact President Chris Armstrong at 485-7561.



**Saturday, September 30<sup>th</sup> - Kennebec Ice Arena** 6-8 pm Any military family is welcome to join us, free of charge to skate with other military families and the hopefully the General will join us. Contact Jen at [jen.benson@us.army.mil](mailto:jen.benson@us.army.mil) if you have questions.

**Sunday, October 8<sup>th</sup> - Family Readiness Group Meeting** - 1:30 pm at the Augusta Armory. There will be guests the FAC to answer any questions and address concerns. We will be decorating stockings for our soldiers following the regularly scheduled meeting. If you need more information, please contact Michelle Fate at 453-0059 or [michelle.fate@gmail.com](mailto:michelle.fate@gmail.com)

**Thursday, October 19<sup>th</sup> - Heart to Heart Support Group** - 5:30 pm pot luck dinner and support group immediately following. This will be held at the Augusta Church of the 30 Nazarene on 30 Nazarene Drive. This support group is open to all military families regardless of service or unit and child care will be provided for the event. Come join us to share in your experiences and support your fellow family members. If you need more information call the family program office at 626-4410.

**Saturday, October 28<sup>th</sup> - Harvest Fest Party -Augusta Armory** - 1:00 pm All military families are invited to attend. Costumes are optional. Contact Jen Benson for more information at 430-2132. Hope to see you there!

### Bangor Area

**Tuesday, September 12<sup>th</sup> - Family Support Group Meeting** - 6 pm at the AFRC. There will be guests from the FAC to answer any questions or address concerns. If you have questions, please contact Amy Munroe at 650-8201 or [amy.munroe@us.army.mil](mailto:amy.munroe@us.army.mil)

**Saturday, October 14<sup>th</sup> - Family Support Group Meeting** - 1 pm at the AFRC. If you have questions, please contact Aimee Brooks at 990-5117 or email at [aimeeloul1@verizon.net](mailto:aimeeloul1@verizon.net).

**Sunday, October 15<sup>th</sup> - Wing Family Day** - 8 - 3 pm OMK Volunteers needed to help with activities. There are many activities for families scheduled and they need some help with them. If you are interested in helping out and having some fun contact Shelley at 949-1374. If you are far away you could always stay at Shelley's!

**Saturday, October 28<sup>th</sup> - Harvest Fest** - 1:00 pm 112<sup>th</sup> Armory. All military families are invited to attend. Costumes are optional. Contact Amy Munroe for more information at 947-4168. Hope to see you there!

**Saturday, October 28<sup>th</sup> - Teen Overnight** - 112<sup>th</sup> Armory. Come join in the fun of an overnight event after the Halloween event for the younger children. There will be lots of fun and laughs with your Guard Friends. For more info contact Shelley at 949-1374 or [haffords@peoplepc.com](mailto:haffords@peoplepc.com)



## Calais Area

**Monday, September 11<sup>th</sup> – Family Support Group Meeting** 5:30 pm Snacks and fellowship and 6 pm meeting. Guests from the FAC will be there to answer questions and address any concerns. If you have questions, please contact Deb Hanson at 454-8733 or [momprovencher@yahoo.com](mailto:momprovencher@yahoo.com)



**Monday, September 18<sup>th</sup> - Family Night** at the Calais Motor Inn Pool from 6-9pm. This offer is open to any military family. There's no lifeguard on duty. The hot tub and workout room are available too. If you have questions, please contact Deb Hanson at 454-8733 or [momprovencher@yahoo.com](mailto:momprovencher@yahoo.com)

**Monday October 2<sup>nd</sup> - Family Support Group meeting** 5:30 pm snacks and fellowship with meeting to follow at 6pm If you have questions, please contact Deb Hanson at 454-8733 or [momprovencher@yahoo.com](mailto:momprovencher@yahoo.com)

**Monday October 16<sup>th</sup> - Family Night** at the Calais Motor Inn Pool, 6-9pm. This offer is open to any military family. There's no lifeguard on duty. If you have questions, please contact Deb Hanson at 454-8733 or [momprovencher@yahoo.com](mailto:momprovencher@yahoo.com)

## Houlton Area

**Friday, September 15<sup>th</sup> – Family Support Group Meeting**– 6 pm at the Houlton Armory. There will be guests from the FAC to answer any questions or address any concerns you may have. Contact Lori Tash at [mamat\\_85\\_87@yahoo.com](mailto:mamat_85_87@yahoo.com) or telephone 532-4879

**Thursday, October 12<sup>th</sup> – Family Support Group Meeting** – 6 pm at the Houlton Armory. If you have questions, please contact Lori Tash at [mamat\\_85\\_87@yahoo.com](mailto:mamat_85_87@yahoo.com) or telephone 532-4879.

## Lewiston/Auburn Area

**Saturday, September 20<sup>th</sup> – Family Support Group Meeting** 6:30 pm - Lewiston Armory. There will be guests from the FAC to answer questions and address concerns. If you have questions, please contact Priscilla Hebert at 966-2900 or [phebert@megalink.net](mailto:phebert@megalink.net)

**Saturday, October 14<sup>th</sup> – Family Meeting & Craft/Scrapbooking Night** 6:30 pm - Lewiston Armory. Please contact Priscilla Hebert at 966-2900 or [phebert@megalink.net](mailto:phebert@megalink.net) if you are interested in attending

## Portland Area

**Wednesday, September 13<sup>th</sup> - Heart to Heart Group Meeting and FAC Update Meeting** – 6:30 at the Portland Armory – Guests from the FAC will be present to answer any questions or address concerns. Call Linda Newbegin at 650-2796 if you are planning on attending. These support groups are open to anyone who cares about a soldier, regardless of service or unit. We encourage all to come together and share your experiences and support for one another.



**Saturday, September 30<sup>th</sup> - Overnighter at Portland Armory** 4:00pm We will catch a movie, dinner and games. The cost is \$15. October 1<sup>st</sup> is the Maine Marathon where we will assist in running a Barbecue for those that attend as a service project. Pick up will be at 4:00pm, Sunday. Please call Slater or email him to let him know you will be attending at 582-9161 or [seclaudell1@adelphia.net](mailto:seclaudell1@adelphia.net)

**Wednesday, October 11<sup>th</sup> - Heart to Heart Group Meeting** – 6 - 8 pm at the Portland Armory – Call Linda Newbegin at 650-2796 if you are planning on attending. These support groups are open to anyone who cares about a soldier, regardless of service or unit. We encourage all to come together and share your experiences and support for one another.

## Presque Isle

**Saturday, September 16<sup>th</sup> – Family Readiness Group Meeting** 10:00 am at the Presque Isle Armory. There will be guests from the FAC to answer any questions and address concerns. If you have questions please contact Zeb Murray at 430-5394

**Saturday, October 21<sup>st</sup> – Family Readiness Group Meeting** 10:00 am at the Fort Kent Armory. For more information contact Zeb Murray at 430-5394 or [Zebulan.murray@us.army.mil](mailto:Zebulan.murray@us.army.mil)

## Sanford

**Thursday, September 21<sup>st</sup> – Family Assistance Center Update** 6 pm at the Sanford Armory. Guests will be present from the FAC to answer any questions and address concerns. If you have questions please contact Kerry Birmingham at 650-8169

## Waterville

**Tuesday, September 19<sup>th</sup> – Family Assistance Center Update** 6 pm at the Waterville Armory. Guests will be present from the FAC to answer any questions and address concerns. If you have questions please contact Kerry Birmingham at 650-8169

**\*All activities listed above are open to any military families to attend. We encourage you to participate in the events that the units are holding. Get to know one another in your area. We are all in this together, so go out and make a new friend and have**

**a good time. You may find someone that needs you today!**



# Unit Spotlights



## 240<sup>th</sup> Engineer Group

### Michelle Fate – Unit Volunteer Coordinator

Congratulations to (Specialist) Roy and Kelly Jones on the birth of their daughter, Madison, she was born on July 15, 2006.

What a busy summer! I can't believe that by the time you read this autumn will be descending upon us! I'd like to say thank you to all of the people that made our annual picnic a success! Support from the 240<sup>th</sup> Rear Detachment, parents, grand parents, spouses, siblings and even friends came out to make this a wonderful day for all of us – thank you. I hope everyone who attended had a great time, it was so nice to see everyone that showed up. I know the kids had a great time – face painting, making goop (?), decorating doorknob hangers, swimming, playing in the bounce house and participating in sporting events – thank you to all who made those events so popular.

I'd like to thank everyone who completed a survey as well. This will help us to provide you with the kind of events you want to participate in. If you haven't turned in your survey, please contact Carol Duehring at [duehring@awi.net](mailto:duehring@awi.net) to coordinate the best way to get the survey to her.

The Chamberlain pins are available, please contact Cindy Branscom at [cindylbranscom@adelphia.net](mailto:cindylbranscom@adelphia.net) to purchase them – they are \$3.00 each. They look great!

Don't forget to check the calendar for events in your area and then go to them. Others are experiencing the same things you are – go and make some new friends! I look forward to seeing you at our next Family Readiness Group meeting, Sunday, September 10, 2006 at 1:30 p.m.! At our September meeting we will be planning events for upcoming meetings. If you are unable to attend, but have suggestions please e-mail me or Cindy Branscom. Other upcoming dates you should plan for include:

**October 8 – 1:30 pm** – Augusta Armory – decorate Christmas stockings for our soldiers

**November 12 – 1:30 pm** – Augusta Armory – stuff the Christmas stockings with goodies and pack them for shipment to Afghanistan.

**December 10 – 1:30 pm** – Augusta Armory – holiday party

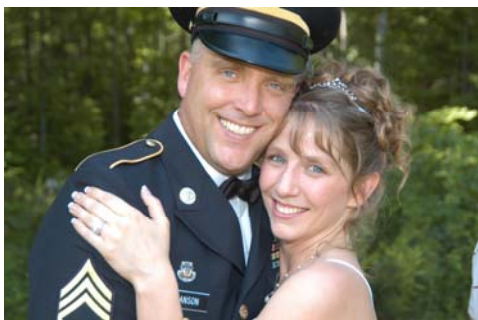
Check out our website for the most current information on and from our soldiers. Command Sergeant Major Luce asked me to say "Hi" to all on the home front for us. BAYONET! FORWARD!

## Recruiting & Retention

### Kathy Cummings – Unit Volunteer Coordinator

It's almost that time again....back to school! For the kids a lot of moans and groans, but for the parents – it can be a time of celebration! Hope everyone has had a safe summer season. Below please find a few spotlights within our R&R family!

SFC Jeff Hanson and his new bride Tracy. The couple was married June 17, 2006 at their Searsmont residence. Congratulations and best wishes!



Don't they make a beautiful couple!

Here is SFC Roscoe at the Forward Operating Base.



**ONE OF OUR OWN**

We wish him safety while deployed and will support his family anyway we can while he is away



### Flat Daddy Picture of the Month

Flat SGT Art Whitaker joined his wife Deb, daughter Makayla and son Colby at the Windsor Fair this past week. Colby was nice enough to share his fair fries with his flat daddy. It looks like they all had a great time! This was chosen as the flat daddy picture of the month. They will receive a gift certificate to dinner for 1 ½ at a restaurant in the Augusta Area. Enjoy!

## A Co 133<sup>rd</sup>

### Lori Jones – Unit Volunteer Coordinator

It's hard to believe that its time for the kids to go back to school. The Summer certainly went fast. Alpha Company had their summer picnic on Sunday, August 13<sup>th</sup> at Lake St. George State Park. The picnic was very nice and it was certainly nice to see everyone. A big thank you to the full time staff for helping to organize this and to the cooks who did all the salads the day before. Also thank you to Julie Sticht, Kim Whitten, Nancy and Jessica Ashmore for helping to serve lunch and make ice cream sundaes! It's too bad the weather hadn't been a little warmer. It certainly didn't prevent the kids from going swimming. It was also nice to see retirees "Radar" and Bob Burgess.

Alpha Company Family Program is organizing a Harvest Craft Fair to be held at the Belfast Armory on Saturday, October 21<sup>st</sup>. This is still in the planning stages but we are looking for crafters and anyone who would like to help organize this and work at the event. If you are interested please call me at 430-2005 or 948-5265 after 5:30.

I got to spend a few days at the end of July in Philadelphia for the National Family Program Conference. It was really interesting to attend some of the classes they offered and also to meet and learn what other family programs throughout the United States were doing.

Enjoy the fall and I hope to hear from you regarding our Craft Fair or if I can be of any assistance to you.

## Co B 3/172<sup>nd</sup> MTN Company

### Aimee Brooks - Unit Volunteer Coordinator

Hello everyone!

My name is Aimee Brooks. My husband is John and we live in Glenburn with our two daughters, Madelyn age 7 and Elise age 1, and our dog Nadia.

I am excited to be a part of this Family Readiness Group and to help fellow families in any way I can. Deployment is not new to me. John had only been home 16 months from a year in Afghanistan when he volunteered and left in January for this mission with the MTN Company. I hope to share from past experiences and to be a source of support and encouragement. I am currently working as a stay at home mom, but my career has been in social work and educational settings. I want this group to be a forum of comfort, camaraderie and let's not forget FUN so that we can pass the time quickly until our soldiers are home safely. We are all in this together.

I look forward to meeting more of you at our meetings each third Saturday of the month at 1pm at the AFRC in Bangor. I can be reached at aimeelou1@verizon.net or 990-5117 if there is anyway I can help. Take care. Hooah!!



## 1/152<sup>nd</sup> Field Artillery

### Lisa Nichols – Battalion Coordinator

Ruth Barnes, Co-UVC for the Presque Isle FRG, has decided to resign. She and Sally King, along with a team of dedicated volunteers, have provided outstanding support for local military families for several years. **THANK YOU**, Ruth, for your devoted service to the Family Program and being part of the Field Artillery's Family Readiness Team. Your enthusiastic, caring attitude and cheery smile will be missed.

Stacey Pelletier has volunteered to fill Ruth's position. **WELCOME**, Stacey, and **THANK YOU** for your willingness to serve as UVC for your unit. The Family Readiness Team and I look forward to working with you.



**Sunday, October 15<sup>th</sup>**

**Wing Family Day**

8:00 am – 3:00 pm

OMK Teen Volunteers are needed to

help with the many activities that are planned for the younger children. If you are interested in helping out with this event contact Shelly at 949-1374. Even if you are from away you can join in She will have more information for you then!

**Saturday, October 28<sup>th</sup>**

## Teen Overnighter

**112<sup>th</sup> Armory in Bangor**

Come join the fun of an overnighter after working with the young guard kids at the Halloween Party. There will be games and food and lots of laughs. More information will be posted to the Family Program Website. Call Shelly at 949-1374 or email her at [haffords@peoplepc.com](mailto:haffords@peoplepc.com) if you want info NOW!.

DVEM

Attn: Family Program Office

State House Station #33

Augusta, ME 04333-0033



Comments or suggestions for upcoming newsletter features may be directed to:

Jen Benson

Family Readiness Assistant

Jen.Benson@us.army.mil

1-800-581-9989, or 430-2132.

DVEM, Attn: DPA-FP

State House Station #33

Augusta, Maine 04333-0033

### **MILITARY ONE SOURCE**

Military OneSource is a 24-hour, seven-days-a-week, toll free information and referral telephone service available worldwide to active duty, Reserve, and National Guard military members and their families, and deployed civilians and their families. Military OneSource provides information ranging from every day concerns to deployment /reintegration issues. Additionally, if there is a need for face-to-face counseling Military OneSource can provide a referral for six sessions per issue with professional civilian counselors at no cost to the military or family member (please note in-person counseling is only available in the United States and Puerto Rico). Overseas, Military OneSource can help access those existing services provided through the Medical Treatment Facilities.

In addition, Military OneSource offers a web-site at [www.militaryonesource.com](http://www.militaryonesource.com) (user id: military; password: onesource) for information on a variety of topics and issues. Users may use the Website to order educational materials (booklets, cds, etc.) at no charge and access consultants on-line on a 24/7 basis.

Stateside: 1-800-342-9647

Overseas only: access code,\*800-3429-6477

Overseas deployed or in remote areas can call

collect: 1-484-530-5908

\*Use access code before dialing the toll free number. Access codes can be found at "Contact us"

[www.militaryonesource.com](http://www.militaryonesource.com)

User ID: military Password: onesource

En español llame al 1-877-888-0727

TTY/TDD accessible 1-866-607-679